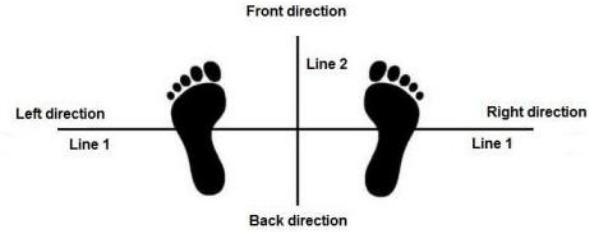


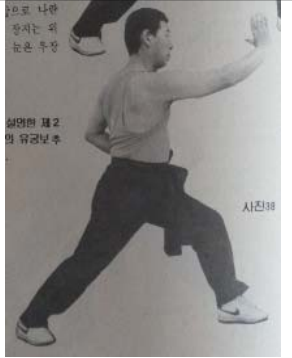



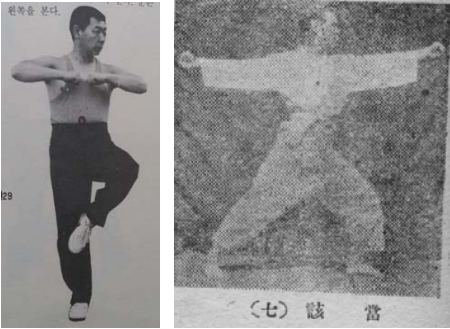
Original Sorim Jangkwon Restoration Project

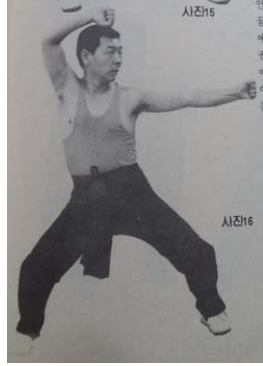


(As per Soo Bahk Do Dae Gam by Hwang Kee, 1970)

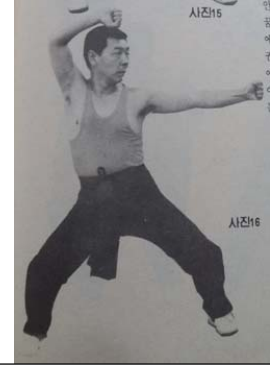
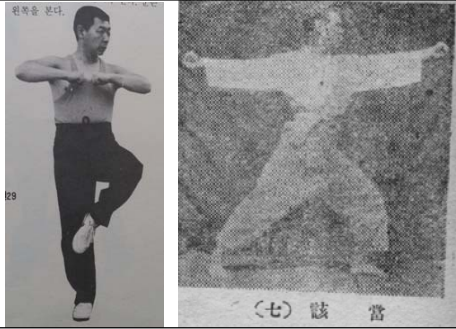
No.	Original text ¹	Translation	Notes and comments	Picture
n.a.	제 30 절 소림장권 (小林長拳)	Passage 30 Little Forest Long Fist	Incorrect characters 小林 (Little Forrest) used instead of 少林 (Young Forrest).	
n.a.	종합 해설	Comprehensive explanation		
1.	연무선은 나이한찌형과 동일하게 횡일자 형이고 연무선은 간단하나 그 행동 범위가 나이한찌형 때는 중앙에서 시작하여 좌우로 행동을 하거나 이 형은 선 우단부터 시작하게 되는 것이나.	The training line (yŏnmusŏn) is a sideways single line, same as in Naihanji form. The training line is simple but in terms of the range of action, while Naihanji form starts in the middle and is performed to both sides, this form starts at the right end of the [training] line.		
2.	준비 자세는 보통 정립하여 자연스럽게 서서 전신이 제 1 선 전방 향하고 양수는 가볍게 압권하여 자연스럽게 하수하고 심신을 안정한다.	Preparatory stance is the usual straight and natural stance with the body facing front direction of the line 1 and with both hands lightly pressed down and naturally placed downwards while the mind and body are stabilised.		

¹ Hwang, Kee: Soo Bahk Do Dae Gam, Samgwang Ch'ulp'ansa, 1970, p. 628 – 630. The use of this material represents Fair Use (공정이용) under Article 35-3 of the Korean Copyright Act (저작권법 제 35 조의 3).

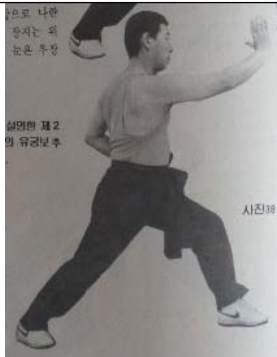

3.	전신 향 전방 향하고 정립 자세로 좌우 양권은 자기 전면 가슴 10cm 정도의 위치에 상대치(相對置)하고 권과 권 사이는 15cm ~ 20cm 정도, 양 팔꿈치는 힘을 주어 들고 전면 수평방 자세가 된다.	The body is facing the front direction and in straight up stance [chǒngnip chase], both fists are placed about 10cm in front of the chest facing each other, with about 15-20cm distance between them. Both elbows are tightened and placed in a frontal horizontal position.	Standard Long Fist position Bing Tui Dui Quan (併腿對拳)	
4.	좌측 일보 전진, 좌방 향하여 직신(直伸)(즉, 우수로 미는 형식이다) 손바닥 향 좌방 향.	Advance one step with the left foot and extend the hand (i.e. as if pushing with the right hand) to the left direction, with the palm towards the left direction.	The left foot advances to the left direction in line with instructions in no. 1. This is possibly Gong Bu Tui Jang (弓步推掌) type of movement. As per the more detailed description in Hwasoodo Kyobon: "Advance one step with the left foot, left fist prepares for an attack, right hand opens and extends in front of one's body (left direction) (i.e. as if pushing with the right hand) to the left direction, with the palm towards the left direction."	
5.	좌수를 우수 향하여 우수 갑을 치며 교차한 후 양수를 좌우로 헤쳐 양쪽으로 수평양거(水平揚擧) 양쪽으로 끌어 우측 중심으로 약간 족굴(足屈)하고 기립한다.	Left hand [moves] towards the right hand, hitting the back of the right hand, and after both hands cross, they are pulled and spread out sideways horizontally while right leg slightly bends and [assumes a] stand-up (kirip) [stance].	As per the more detailed description in Hwasoodo Kyobon: "Left hand [moves] towards the right hand, hitting the back of the right hand, and after both hands cross, they are pulled and spread out sideways to both directions horizontally (both hands open and facing downwards) while right foot stays in the same position and left foot is pulled to the right foot and right leg then slightly bends and [a] stand-up (kirip) [stance is assumed]."	


6.	좌측 일보 전진(좌방), 우측 일보 전진하는 동시에 전방 향되며, 우측에다 좌측을 합하여 기립 자세로 되어 제 3 번 동작 때와 동일하다.	Advance one step forward to the left direction with the left foot and one step forward with the right foot and face the front direction, and bring the left foot to the right foot to assume a stand-up stance [kirip chase], same as in the movement no. 3.	Movements 3 – 6 are likely part of the Changquan style opening sequence Kai Men Shi (開門式).	
7.	체향 및 얼굴 향은 같으며 하체만 좌측을 들어 반동을 주며 돌려 좌측 장(掌)을 우측 무릎 상부에 가져오는 동시에 좌방 향하여 일보 전진하며 좌측 전굴로 상체 전방 향, 얼굴 좌방 향, 양수 좌권은 좌방 향하여 들고, 우권은 우방 향하여 들고 양손은 수평하게 든다.	The body and eyes face the same direction, only lower body [moves]. Lift the left foot and bounce it back, while turning and placing the sole of the left foot to the upper part of the right knee. Step one step to the left direction, landing in left front stance (chǒngul) with upper body facing the front direction and the face facing the left direction. The left fist is held in the left direction and the right fist in the right direction, with both arms in a horizontal position.	This appears in various Changquan and Tantui forms under different names, for example Gong Yi Zi Zhuang (弓一字撞) in Gong Li Quan or Er Lang Dan Shan (二郎擔山).	
8.	좌측 그대로 두고 우측을 좌방 향하여 일보 횡진하며 얼굴, 상체는 후방 향하고 하체는 기마립 자세가 되어 좌권 공격 준비 자세, 우권은 자기 좌방면부터 반동을 주어 상대방 중단 방어.	The left foot stays in the same position. Step one step with the right foot to the left direction sideways [hoengjin]. The face and upper body will now face the back direction and lower body assumes a horse riding stance (kimarip chase) while the left fist prepares for an attack and the right fist bounces from one's left side and performs middle level defence.		

9.	우측 그대로 두고 좌측을 좌방 향하여 우방으로 돌며, 일보 횡진하며, 체향 전방 향, 좌방 향, 하체는 사고립 자세로 우권으로 상단 방어 좌방 향하여 횡 공격.	The right foot stays in the same position. Left foot will step one step sideways [hoengjin] to the left direction while [the body] turns to the right. Body faces the front direction, [the face?] faces the left direction, the lower body assumes four thigh stance [sagorip chase] while the right fist performs an upper level defence and a sideways attack (hoengjin kongkyölk) [is executed] to the left direction.	It appears that the word “the face” is missing. The sideways attack is executed with the left fist while the right fist simultaneously executes an upper level block. This is usually called Ma Bu Shang Jia Zuo Chang Quan (馬步上架左衝拳) and variants include both flat and vertical fist punches.	
10.	전 위치서 좌방 향하며 좌측 전굴 자세로 좌권은 그대로 두고 우권으로 하단 공격하여 하단 방어 하고.	From the previous position, face the left direction and [turn] the left foot to the left front stance. The left fist stays in the same position and the right fist performs a low level attack and a low level block [is executed].		
11.	전신 자세 그대로 둔채로 좌권을 펴서 우권을 상거(上擧)하여 우권 갑을 좌장하(左掌下)에 향하여 둔다.	The body stays in the same position, the left fist opens and the right fist moves up and the back of the right fist is placed under left palm.	Gong Bu Shuang Quan Quan Er (弓步雙拳貫耳) is one of possible interpretations.	
12.	우측을 우방 향하여 굴(屈)하며 상체는 전방 향, 얼굴은 제 1 선 좌방을 향하고 좌측은 뻗치고 우수는 상단 방어하며 좌수는 자기 좌방면(즉, 좌방 향)으로 손을 뻗어서 방어한다.	The right foot bends to the right direction, upper body will face the front direction, the face will face the left direction on line 1 and the left leg extends. The right hand performs an upper level defence and the left hand is extended to one's left side (i.e. to the left direction) and executes a defence [technique].	This could be the technique on Hwang's famous posing picture, i.e. possibly choe hadan makūmyo sangdan sudo makki (최하단 막으며 상단수도막기).	
13.	좌측은 그대로 두고 우측을 좌방 향하여 일보 횡진하며 몸과 얼굴은 후방 향하여 기마립자세가 되며 즉, 제	The left foot stays in the same position and the right foot steps sideways [hoengjin] to the left	No. 8: in horse riding stance, the left fist prepares for an attack and the right fist bounces from one's left side	

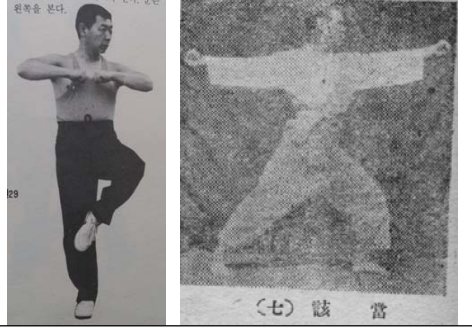
	8 번 동작과 동일함.	direction. The body and the face now face the back direction while horse riding stance [kimarip chase] is assumed, i.e. this is equivalent to the movement no. 8.	and performs middle level defence.	
14.	제 9 번 동작과 동일하다 (몸과 얼굴 향은 같다).	This is equivalent to the movement no. 9 (the direction of the body and face are the same).	No. 9: the right fist performs an upper level defence and a sideways attack (hoengjin kongkyök) [is executed] to the left direction in four thigh stance.	
15.	좌족은 그대로두고 우족을 끌어 모아서는 동시에 좌방으로 돌아 체(體), 얼굴 향은 후방향이 되며, 우권은 상방 향하여 맹렬히 공격, 좌권은 자기 명치 중단 수평 방어 자세.	The left foot stays in the same position and the right foot is pulled [to the left foot]. Simultaneously, turn to the left with the body and face now facing the back direction. The right fist fiercely attacks towards upper direction and the left fist assumes middle level horizontal defence at one's solar plexus.		
16.	전 자세 전 위치에서 좌족을 들어 우족 무릎 상부에 붙임.	From the previous stance and position, lift the left foot and place it to the upper part of the right knee.		
17.	우족은 그대로 두고 좌족을 제 1 선 우방 향하여 일보 내어 놓으며 얼굴은 우방 향이 되고 제 7 번 동작과 같다.	The right foot stays in the same position and the left foot steps one step on line 1 to the right direction. The face now faces the right direction. This is the same as the movement no. 7.	I.e. Gong Yi Zi Zhuang (弓一字撞) as above.	
18.	그 위치에서 그대로 좌 전굴 자세, 얼굴, 몸 향은 우방 향하고 우권 공격 준비, 좌수(권)은 껴안는 듯이 팔을	In the same position in left front stance, the face and body face the right direction, the right fist prepares for an attack and the left hand (fist)		




	크게 반동을 주어 좌방 전면을 표착한다.	bounces in a big movement as if hugging someone and drifts to the left to one's front.		
19.	얼굴, 몸, 양수는 그대로 두고 우측으로 자기 전면(즉, 우방 향)을 향하여 힘있게 앞차기.	The face, body and both hands stay in the same position. Right foot executes a strong front kick [apch'agi] to one's front (i.e. to the right direction).		
20.	우측을 그 자리에 내려놓고 우측 전굴 자세로 서 우권 자기 전면(즉, 우방)향하여 상단 공격.	Put the right foot down on the spot into right front stance and perform upper level attack [sangdan kongkyōk] with the right fist to the front (thus to the right direction).		
21.	얼굴, 몸은 우방 향하고, 좌측 우방 향하여 일보 전진하는 동시에 좌권으로 전면 즉, 우방향하여 상단 공격.	The face and body face the right direction, the left foot steps one step forward to the right direction and the left fist performs upper level attack [sangdan kongkyōk] to the front, thus to the right direction.		
22.	우측 일보 전진하며, 제 21 번 동작과 좌우 반대 동작.	The right foot steps one step forward. The left and right are in opposite positions from the movement no. 21.	I.e. right upper level attack attack [sangdan kongkyōk] in right stance.	
23.	제 22 번 동작과 같으나 좌우가 반대이다.	The same movement as no. 22 but left and right are reversed.	I.e. left upper level attack [sangdan kongkyōk] in right stance.	
24.	제 23 번 동작과 같으나 좌우가 반대이다.	The same movement as no. 23 but left and right are reversed.	I.e. right upper level attack [sangdan kongkyōk] in right stance.	
25.	전 위치에서 좌방으로 돌며 즉, 좌방 몸 향이 되고, 좌측 전굴로 좌권으로 좌방 중단 공격, 우권은 공격 준비 자세, 그 자리 그 위치에서 우권으로 좌방 중단 공격, 우권은 공격 준비 자세.	From the previous position turn to the left direction, thus, the body will now face the left direction, and in left front stance the left fist performs a middle level attack [chungdan kongkyōk] to the left direction while the right fist prepares for an attack. {On the same spot in the same position, the right fist performs a middle level attack [chungdan kongkyōk] to the left direction while the right [sic*] fist prepares for an attack.}	*This appears to be a typo, the left fist should be pulled to the hip when the right fist punches. In addition, description of the second punch appears duplicated in the next section, and thus can likely be ignored (therefore in { }).	
26.	그 자리, 그 위치에서 우권으로 좌방 중단 공격, 좌권은 공격 준비 자세.	On the same spot, in the same position, the right fist performs a middle level attack [chungdan kongkyōk] to the left direction while the right [sic] fist prepares for an attack.	This appears to be a duplication of the previous sentence. As implied by no. 28, there should only be three punches (left, right, left) and one open hand strike (right) - performed in left front stance facing the left direction -	

			in this sequence.	
27.	제 26 번 동작과 같으나 좌우 반대이다.	The same movement as no. 26, but left and right are reversed.	I.e. left middle level attack [chungdan kongkyök].	
28.	제 27 번 동작과 좌우가 반대로 되나 이번 만은 우수를 펴서 내수로 미는 것으로 되므로(내수·內手 향이 자기 전면 좌방 향한다. 좌권은 공격 준비 자세, 이상 네 동작 25, 26, 27, 28) 빠르게 한다.	Left and right are reversed from the movement no. 27, but only this time the right hand opens and pushes with inner hand (the direction of the inner hand [naesu] is one's front in the left direction. Left fist prepares for the attack, and the above four movements 25, 26, 27 and 28 are done with speed).	I.e. possibly right middle level open hand attack [chungdan kongkyök], possibly a variant of Gong Bu Tui Jang (弓步推掌).	
29.	우족은 그대로 두고 좌족을 우족 전면에 끌어 양발을 굽혀 교차립 자세 형식을 하며 우족중심으로 좌족은 발 앞뿌리만 땅에 붙이고 우수(펴서)는 들어 상단 방어하고 좌수(펴서)는 하부로 뺀어서 하후면방(下後面防)하되 수기 동작시 좌수로 우수를 쳐서 민다.	Right foot stays in the same position. Left foot is pulled in front of the right foot and both legs bend as crossed leg stance [kyoch'arip chase] is assumed. Centred on the right foot, only the front part [ball] of the left foot will touch the floor. The right hand (open) is lifted and performs a right upper level defence while the left hand (open) is extended downwards and performs downwards backside defence [ha hu'myönbang], but as the technique is executed, hit and push the right hand with the left hand.	Possibly similar to Xu Bu Liang Zhang (虛步亮掌).	
30.	전향(前向) 전 위치에서 양손은 상하 교차하며 양손을 전면에서 쳐서 밀면서 좌수(펴서) 상단 방어, 우수(펴서) 하단 측후면방(側後面防), 얼굴, 몸은 역시 좌방 향이 되어 좌족은 굽혀 전면을 향해 세운다.	From the previous front facing position, both hands cross [moving] up and down and hit and push from the front while the left hand (open) performs an upper level defence and the right hand (open) performs lower level side backside defence [chük hu'myönbang]. The face and body still face the left direction and the left leg is bent and placed towards the front.		
31.	들었던 좌족을 그 자리에 내려 놓으며 좌족 전굴로 우수는 그대로 두고 좌수는 자기(전면) 상단 향하여 손바닥으로 밀며 방어한다.	The left foot, which has been lifted*, is put down into left front stance, while the right hand stays in the same position and the left hand performs a defence by pushing palm towards	*This is a reference to “only the front part [ball] of the left foot will touch the floor” in the movement no. 29.	


		one's (front) upper level.		
32.	좌족은 그대로 두고 우족은 좌족 후방에 힘있게 끌어 교차립이 되며, 양발은 굽힌다. 양수는 그대로 가지고 있게 한다.	The left foot stays in the same position and the right foot is powerfully pulled behind the left foot into a crossed leg stance [kyoch'arip chase] with both legs bent. Both hands are kept in the same position.		
33.	그 향 그 위치에서 우족 그대로 두고 좌족 자기 전면 향하여 약 반보 전진[sic]하며 양족은 신축하여 기립한다.	In the same direction and position, the right foot stays in place and the left foot advances about half step forward to one's front. Stand up while stretching both legs.	Typo in the original text (전전 should be 전진).	
34.	전 향 전 위치서 우족 일보 전진한다.	From the previous direction and position, the right foot steps one step forward.	Note: still facing the left direction.	
35.	좌족으로 전면 향하여 일축하며, 우수(펴서) 갑면에 좌수장을 합하고 양수 신축한다.	Kick to the front with the left foot. The palm of the left hand touches the back of the right (open) hand and both hands extend.		
36.	좌족이 땅에 닿기 전에 우족로 자기 전면 우수장을 향하여 일축한다(즉, 양족 전축). 그리하여 몸이 공중에 비상하게 됨.	Before the left foot touches the floor, kick to the front with the right foot towards the right hand palm (thus, both feet kick to the front). Doing this, the body will fly in the air.	This is standard Changquan technique Teng Kong Fei Jiao (騰空飛脚)	
37.	우족이 땅에 닿는 동시에, 좌족을 끌어 붙이는 동시에 얼굴, 몸 향은 후방 향이 되며, 좌권은 명치 수평 방어, 우권 자기 측면에 세움, 이상 5 동작은 연속적으로 빨리 행동하여야 한다.	As the right foot lands on the floor and the left foot is simultaneously pulled as it lands, the face and body face the back direction, the left fist performs a horizontal plexus solar defence [myǒngch'i sup'yǒng pang'ǒ] and the right fist is placed to one's side. The above 5 movements must be executed continuously and with speed.		


38.	양손 및 우족은 그대로 두고 좌방으로 돌며 얼굴, 체 향은 우방이 되며, 좌족 일보 전진하여 좌족 전굴로 양손은 제 37 번 동작 때와 동일 함.	Both hands and the right foot stay in the same position. Turn to the left with the face and body now facing the right direction. The left foot steps one step forward into left front stance and the position of both hands will be the same as in the movement no. 37.	I.e. the left fist horizontal plexus solar defence [myǒngch'i sup'yǒng pang'ö] and the right fist placed to one's side.	
39.	좌족 그대로 우족 전진 하며, 좌권은 좌방 전면 비스듬이 공격하고 우권은 우방 후면 아래를 공격한다.	The left foot stays in the same position and the right foot steps forward. The left fist obliquely attacks left front direction and the right fist executes a lower level attacks to the right side backwards.		
40.	제 39 번 동작 그대로 좌족만(우방 향하여) 일보 전진한다.	The same position as no. 39, only the left foot (facing the right direction) steps one step forward.		
41.	우족 일보 전진하며 일약 공중으로 뛰어 좌방으로 돌며 양발 동시에 떨어지는 반면 얼굴, 몸 향이 전방 향이 되며, 기마립 자세가 되고 좌수(펴서 손바닥은 상향 상단 방어, 우수 펴서 손바닥은 하행)는 뺀어 하단을 눌러 막는다(국부와 우수 사이는 약 15cm 정도).	The right foot steps one step forward while jumping in the air and turning to the left. Both feet land simultaneously and the face and body will now face to the front direction. Assume horse riding stance (kimarip chase) and the left hand (open with the palm performing upper level defence upwards, right hand open with the palm facing downwards) extends and performs a downward pushing block (the distance between the right hand and private parts is about 15cm).		
42.	얼굴, 몸 향은 그대로 우족은 그대로 두고 좌족을 끌어 합하고 좌권은 중단 명치, 수평 방어하고 우권은 우방 향하여 뺀는다.	The face, body stay in the same position. The right foot stays in the same position and the left foot is pulled together [to the right foot]. The left fist performs a horizontal middle level solar plexus defence [myǒngch'i sup'yǒng pang'ö] and the right fist extends to the right direction.		

43.	제 7 번 동작과 동일하다.	Equivalent to the movement no. 7.	As per above.	
44.	제 8 번 동작과 동일하다.	Equivalent to the movement no. 8.	I.e. the left foot stays in the same position. Step one step with the right foot to the left direction sideways [hoengjin]. The face and upper body will now face the back direction and lower body assumes a horse riding stance (kimarip chase) while the left fist prepares for an attack and the right fist bounces from one's left side and performs middle level defence.	
45.	몸 향은 좌방으로 돌아 제 1 선 좌방 향이 되며, 중단 공격 즉, 제 20 번 동작과 동일하다.	The body turns to the left towards the left direction on line 1, and middle level attack is executed, thus the same as movement no 20.	I.e. right front stance and upper level attack [sangdan kongkyŏk] with the right fist to the front. Left direction. However, this could be an error as the movement no. 20 mentions upper level attack and the performer should already be moving in the left direction in 43 and 44.	
46.	제 45 번 동작과 같으나 좌우만 반대가 된다.	The same movement as no. 45, but the left and right are reversed.	I.e. upper level attack [sangdan kongkyŏk] with the left fist to the front. Left direction.	
47.	제 45 번 동작과 동일하고 46 번 동작과 좌우가 반대 됨.	The same as movement no. 45, left and right are opposite from the movement no. 46.	I.e. upper level attack [sangdan kongkyŏk] with the right fist to the front. Left direction.	



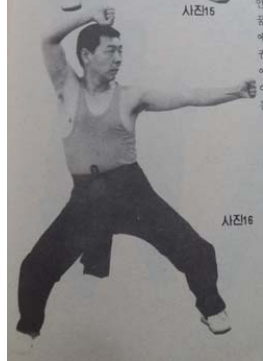
48.	우 중심으로 좌방으로 돌며 얼굴, 체향이 우방 향이 되며, 우측 한발 서기가 되고, 좌측은 굽혀 앞으로 들며, 우수(펴서 장향 상)는 상단 방어하고 좌수(펴서 장향 상)는 세운 다음 좌측 무릎 위에 공치(攻置)함.	Turn to the left centred on the right [foot]. The face and the body will face the right direction. Assume one leg stance on the right leg with the left leg bent and raised to the front. The right hand (open with the palm upwards) performs an upper level defence and after the left hand (open with the palm facing upwards) is raised, attack placing it above the left knee.	This could be Ti Xi Liang Zhang (提膝亮掌).	
49.	좌측 땅에 닿는 동시에 몸은 후방 향이 되며, 상체 전복(前伏; 후방 향)하여 양손(펴서 손바닥면 후방 향) 뻗어 지상에 붙이고 시선은 가급적 전면(후면 향)을 봄.	As the left foot is placed on the floor, the body will face the back direction, upper body will lie down forward (towards the back direction) while both hands (open with palms facing the back direction) extend and touch the floor with the eyes looking as forward as possible (towards the back direction).	Hwang's picture on the left appears to be more aligned to Kong Sang Kun Dae but this position will be similar, only palms will be placed on the floor more to his left.	
50.	제 49 번 동작에서 일어나며 우방 향으로 우측 전진하며, 좌측 우방 향하여 일축함에 우수를 갑상부(甲上部)에 좌수장(左手掌) 합하여 양손을 뻗는다.	Stand up from the movement no. 49 and step forward to the right direction with the right foot. The left foot kicks to the right direction while with the left palm joins up with the back part of the right hand and both hands are extended.	I.e. like the movement 35.	
51.	좌측 떨어지기 전에 우측으로 우장 향하여 강력히 일축함, 즉, 전신이 공중에 띄게 된다.	Before the left foot lands, kick strongly with the right foot to the right direction, thus the whole body jumps in the air.	I.e. like the movement 36. Teng Kong Fei Jiao (騰空飛脚)	


52.	양발 지상에 떨어지는 동시에 돌아서 얼굴, 몸은 전방 향이 되며, 좌권은 자기 중단(명치) 수평 방어하고 우권은 우방 향하여 뻗는다. 이상 49, 50, 51, 52 4 번 동작은 연속적으로 민활히 행동하여야 한다.	As both feet land, turn [left] with the face and body now facing the front direction. Left fist performs own middle level (solar plexus) horizontal defence [chungdan (myŏngch'i) sup'yŏng pang'ŏ] and the right fist is extended to the right direction. The above 4 movements 49, 50, 51 and 52 must be executed continuously and rapidly.		
53.	제 39 번 동작 때와 동일 함. 몸과 얼굴은 좌방.	Equivalent to the movement no. 39. The body and face now face the left direction.	I.e. the left foot stays in the same position and the right foot steps forward. The left fist obliquely attacks left front direction and the right fist executes a lower level attacks to the right side backwards.	
54.	제 41 번 동작과 동일 하되 다만, 압권하는 것만 다름. 몸은 후방향.	Equivalent to the movement no. 41, except that the fists are pressed differently. The body faces the back direction.	I.e. assume horse riding stance (kimarip chase) and the left hand (open with the palm performing upper level defence upwards, right hand open with the palm facing downwards) extends and performs a downward pushing block (the distance between the right hand and private parts is about 15cm).	
55.	그 자리, 그 위치에서 기립하며 좌족 한발서기로 우족을 들어 앞을 방어하며, 좌족 무릎 상부에 당겨 우수(펴서) 상단 방어, 좌수 펴서 측후면, 하단 방어한다.	On the same spot, in the same position, stand up and assume a one leg stance on the left leg with raising the right foot and executing front defence, pull the right foot to the upper part of the left knee and execute right (open) hand upper level defence, left hand opens and performs side back side lower level defence [chŭk hu'myŏn hadan bang'ŏ].		
56.	그 자리, 그 위치에서 양손 자기 전면에서 쳐서 모은 다음 제 55 번 동작으로 복귀하고 하체, 양손이 좌우 반대가 된다.	On the same spot, in the same position, after both hands strike to one's front and come together, return to the position 55, with left and right sides of the lower body [i.e. stance] and the left and right hands reversed.	I.e. stand up and assume a one leg stance on the right leg with raising the left foot and executing front defence, pull the left foot to the upper part of the right knee and execute left (open) hand upper level defence, while the right hand opens and performs side	


			back side lower level defence.	
57.	몸 전체와 향은 그대로 두고 우측은 굽혀 몸을 낮추고 좌측 낙하하여 땅에 떨어지며 교차립 자세, 이상 55, 56, 57 세 동작은 민활하게 한다.	The whole body and the direction remains the same, the right leg bends and the body lowers. The left foot drops on the floor into cross leg stance [kyoch'arip chase]. The above three movements 55, 56 and 57 are executed rapidly.	Still facing the back direction.	
58.	우측 그대로 두고 좌측을 우방 향하여 일보 전진하고, 몸, 얼굴 향도 우방 향이 되며, 좌측 전굴로 좌수 전면을 향하여 일격, 우수는 공격 준비로 됨.	The right foot stays in the same position, the left foot steps one step forward to the right direction and the direction of the body and face also shifts to the right direction. The left leg assumes front stance and the left hand attacks the front direction, while the right hand gets ready for an attack.		
59.	제 58 번 동작 때와 같으나 좌우가 반대가 됨.	The same as the movement no. 58 except that the left and right are reversed.	I.e. the right hand attacks the front direction, while the left hand gets ready for an attack.	
60.	제 59 번 동작 때와 같으나 좌우가 반대가 됨.	The same as the movement no. 59 except that the left and right are reversed.	I.e. the left hand attacks the front direction, while the right hand gets ready for an attack.	
61.	얼굴, 상체 그대로 두고, 하체도 그대로 두며 좌측 전굴 자세로 수기만(펴서) 상단 방어하고 우수(펴서) 상단에서 아래를 눌러 방어한다.	The face and upper body stay in the same position, the lower body stays in the same position, the left leg remains in front stance and only (open) hand* upper defence is executed, and the right hand (open) executes a downward pressing defence from upwards.	*Probably left hand as the right hand is executing a downward pressing block.	
62.	제 11 번 동작과 몸 향만 다르고(우방 향) 기타는 동일 함.	Only the direction of the body is different (the right direction) from the movement 11, everything else is the same.	I.e. the body stays in the same position, and the right fist moves up and the back of the right fist is placed under left palm. Possibly Gong Bu Shuang Quan Quan Er (弓步雙拳貫耳)	

63.	제 12 번 동작과 방향만 다르고(우방향) 그 손은 동일하다.	Only the direction is different (the right direction) from the movement 12, the hands are the same.	I.e. the right foot bends to the left direction, upper body will face the back direction, the face will face the right direction on line 1 and the left leg extends. The right hand performs an upper level defence and the left hand is extended to one's left side (i.e. to the right direction) and executes a defence [technique]. Possibly choe hadan makūmyo sangdan sudo makki (최하단 막으며 상단수도막기).	
64.	좌측 그대로 두고, 몸은 좌방으로 돌아 상체 및 얼굴 향은 전방 향이 되고, 우측을 좌측에다 합하며, 양 발의 무릎은 굽히고, 몸은 낮추고 양 팔에다 힘을 주어 양 손은 전면 중단(명치) 수평방이 되되 우수(권)는 위로, 권잡은 하방 향, 좌수(펴서)는 아래에 두며 우 팔꿈치에 가져다 붙인다.	The left foot stays in the same position, the body turns to the left and the upper body and the face will now face the front direction as the right foot is brought together to the left foot, both knees bent, the body lowers and both arms are tightened with both hands performing front middle level (solar plexus) horizontal defence, but the right hand (fist) is above with the back of the fist facing downwards, and left hand (open) is placed below and brought to the right elbow.		
65.	그 자리에서 뛰어올라 좌방으로 돌아 얼굴, 체 향이 후방 향하여 양측 동시 지상에 닿는 동시에 하체는 기마립 자세가 되고, 좌권 자기 전면 중단 수평으로 방어하여, 우권은 우방에 내리운다.	On the same spot, jump up and turn to the left direction with the face and body facing the back direction. As both feet land on the floor simultaneously, the lower body assumes horse riding stance [kimarip chase]. The left fist executes own middle level horizontal defence, the right fist is lowered to the right side.		
66.	우측 그대로 두고 좌측을 우측에 끌어 합족하며, 안면 몸 향이 후방 향이 되며, 좌권은 자기 중단 수평 방어, 우권 자기 우면 향하여 뺀다.	The right foot stays in the same position, the left foot is pulled to the right foot and with feet together, the face and body will face the back direction. The left fist executes own middle level horizontal defence and the right fist is stretched towards the right side of one's face.		
67.	양수 및 우측은 그대로 두고 좌측만 우방 향하여 일보 전진하며, 좌측 전굴	Both hands and the right foot stay in the same position, only the left foot		

	자세로 얼굴, 몸 향은 우방 향이 된다.	steps one step forward to the right direction. The left leg assumes front stance and the face and body will now face the right direction.		
68.	동방 향으로 향하여 우측 일보 전진하며, 우측 전굴 자세, 우권은 우방 하, 후향하여 일격. 좌권은 좌방 앞으로 비스듬이 뻗는다.	The right foot steps one step to the East* side, the right foot assumes front stance, the right fist executes an attack down to the right side to the back direction. The left fist is extended obliquely to the left.	*The only place in the text mentioning east side. The direction is not fully clear here.	
69.	제 41 번 동작과 동일하다.	The same as the movement no. 41.	I.e. the right foot steps one step forward while jumping in the air and turning to the left. Both feet land simultaneously and the face and body will now face to the front direction. Assume horse riding stance (kimarip chase) and the left hand (open with the palm performing upper level defence upwards, right hand open with the palm facing downwards) extends and performs a downward pushing block (the distance between the right hand and private parts is about 15cm).	
70.	제 66 번 동작과 통일하되 방향만 다르고 얼굴, 몸 향은 전방 향이 된다.	This is equivalent to the movement no. 66, only the direction is different with the face and body facing the front direction.	I.e. the right foot stays in the same position, the left foot is pulled to the right foot and with feet together, the face and body will face the front direction. The left fist executes own middle level horizontal defence and the right fist is stretched towards the right side of one's right face.	
71.	제 70 번 동작과 동일하나 좌족을 우측 한발로 선 무릎 상부에 올리는 점만 다르다.	This is the same as the movement no. 70, but the left foot is lifted up to the upper side of the right knee while the right foot assumes one leg stance.		

72.	제 7 번 동작과 동일함.	Same as the movement no. 7.		
73.	“ [제 7 번 동작과 동일함]	" [sic, Same as the movement no. 7].		
74.	제 9 번 동작과 동일함.	Same as the movement no. 9.	I.e. left foot will step one step sideways [hoengjin] to the left direction while [the body] turns to the right. Body faces the front direction, [the face?] faces the left direction, the lower body assumes four thigh stance [sagorip chase] while the right fist performs an upper level defence and a sideways attack (hoengjin kongkyök) [is executed] to the left direction.	
75.	제 20 번 동작과 동일함.	Same as the movement no. 20.	I.e. one step forward and perform upper level attack [sangdan kongkyök] with the right fist to the front.	
76.	제 21 번 동작과 동일함. 즉, 75 번 동작과 좌우 반대.	Same as the movement no. 21, however left and right are reversed from the movement no. 75.	I.e. one step forward and perform upper level attack [sangdan kongkyök] with the left fist to the front.	
77.	제 76 번 동작과 같으나 좌우가 반대이다.	Same as the movement no. 76, but left and right are reversed.	I.e. perform upper level attack [sangdan kongkyök] with the right fist to the front.	

78.	제 77 번 “[동작과 같으나 좌우가 반대이다]	[sic] [Same as] the movement no. 77, "[but left and right are reversed].	I.e. perform upper level attack [sangdan kongkyök] with the left fist to the front.	
79.	제 78 번 “[동작과 같으나 좌우가 반대이다]	[sic] [Same as] the movement no. 78, "[but left and right are reversed].	I.e. perform upper level attack [sangdan kongkyök] with the right fist to the front.	
80.	좌측은 그대로 두고 몸 얼굴은 후방 향이 되며, 제 55 번 동작과 동일하게 된다.	The left foot stays in the same position, the body and face will face the back direction, and the movement is equivalent to the movement no. 55.	I.e. the left fist obliquely attacks left front direction and the right fist executes a lower level attacks to the right side backwards.	
81.	몸을 우방으로 돌아 전방 향이 되며, 제 56 번 동작과 동일하게 된다.	The body turns to the right and faces the front direction. The movement is equivalent to the movement no. 56.	I.e. assume a one leg stance on the right leg with raising the left foot and executing front defence, pull the left foot to the upper part of the right knee and execute left (open) hand upper level defence, while the right hand opens and performs side back side lower level defence.	
82.	좌측 떨어지는 지점에 좌 전굴 자세가 되며, 좌수로 전면 향하여 일격을 가하고 우수는 펴서 공격 준비 자세를 취한다.	The left foot lands on the floor into left front stance. The left hand executes an attack to the front and the right hand is open and assumes a 'ready for attack' position.		
83.	제 82 번 동작과 같으나 좌우가 반대가 됨.	The same movement as no. 82, except that left and right are reversed.	I.e. right front stance and the right hand executes an attack to the front and the right hand is open and assumes a 'ready for attack' position.	
84.	제 3 번 동작과 동일하게 된다.	Perform the same movement as no. 3.		 <p>소림장권 그림 4-206</p>

85.	제 2 번 동작으로 복귀하여 전부 완료하게 된다.	Return with the same movement as no. 2 and complete everything.		
n.a.	이 형은 중국에서 국술(國術)로 이용하고 있는 것이며, 형에 있어서 길고, 짧고, 크고, 작은 동작 등이 많아 일일이 해당 도면을 넣어가며 해설해야 하겠으나 지면 관계로 다음 기회에 실기로 하겠다.	This form is used in China as National Art (guoshu) and contains long, short, big and small movements. The relevant step by step map of movements with explanations should have been included here, however due to space [constraints] I have decided to include it at the next opportunity.		

Author: Ondrej Slechta

Credentials: to be added

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